

# HERB STOP NEWSLETTER

Herb Stop Ruidoso  
2117 Sudderth Drive #7  
Ruidoso, NM 88345  
505-257-0333

Herb Stop Pine  
4004 N. Hwy 87  
Pine, AZ 85544  
928-476-4144

Herb Stop Headquarters  
PO Box 673  
Pine, AZ 85544  
877-345-HERB

◆ Website: ◆ <http://www.HerbStopOnline.com> ◆

Copyright © 2006 by The Herb Stop™. All rights reserved.

◆ Autumn 2006 ◆

## Quarterly Highlight



### Can't Sleep?

Do you occasionally experience sleeplessness? You are not alone. One third of Americans suffer from insomnia at some time or another, usually caused by stress, anxiety, depression or other physiological disorders. If you suffer from insomnia, gentle herbal remedies can help you get your rest and relaxation.

#### REM Formula©

Say good night to tossing and turning with **REM©**. People have experienced deep sleep with this formula, waking up in the morning well rested without the "hangover" feeling that often results from sleep-aid drugs. Only during deep sleep do we relieve our anxieties and tensions. The herbs in **REM©** are traditionally known to be helpful for sleep disorders, narcolepsy and Fibromyalgia. (*Research has shown that people suffering from Fibromyalgia never experience REM cycles.*)

#### Quiet Mind©

Are you unable to sleep because of a racing mind? Do you think endlessly about tomorrow's work, relationships and upcoming events? Your adrenaline is pumping and you just can't fall asleep **Calm Mind©** is known to still a hyper-focused mind, interrupt and slow down adrenaline responses, allowing you to let go, slow down and drift into a deep uninterrupted sleep.

#### Quiet Emotions©

This formula is for those who have problems sleeping because they worry. They are up all night worrying about their "should have, could have and would have's." These thoughts are upsetting and trigger undesirable emotional responses. **Calm Emotions©** is known to relieve nervous tension and apprehension.

### Important

Dim the lights in your house about two hours before you go to bed. Light prevents the pineal gland from producing melatonin, the sleeping hormone. Sleep in complete darkness if possible. There should be as little light in the bathroom as possible in case

you get up in the middle of the night.

### Taming Stress and Anxiety

Some people find they don't sleep well when going through times of extreme tension and stress. During such times it is important to stay away from stimulants, such as coffee, cola, etc. Instead, you may want to drink calming herb teas throughout the day. They won't make you sleepy but give you energy, rebuild, strengthen and nourish your nervous system. At night you will be more relaxed and have a better chance of getting your "zzz.s". The Herb Stop has formulated beautiful, tasty and valuable tea blends and other botanical blends for you to choose from.

Relaxing Tea contains blended herbs that are high in calcium and magnesium, known for their relaxing action.

Peace & Quiet Tea© is a great tasting tea without the usual relaxing herbs, no chamomile, no mints.

Siesta Time Tea© is another great-tasting relaxing

*Stress is a destroyer. It destroys us physically and emotionally. Herbs are our allies; they are our weapons to bring peace into our world, and peace within ourselves. As a single thought, we CAN change the world with a single cup of tea.*

- Rosemary Cascio, The Herb Stop, Ruidoso, NM

tea supportive during times of high emotional and mental stress. Stress Tea! is a wonderful tea suitable for the whole family going through a stressful period. Sip before starting a demanding day at work or school.

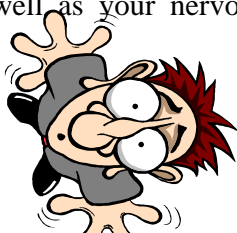
Anxiety Tea can rejuvenate your nervous system. Drink daily for 2 – 3 months and feel your stresses slip away. Calcium Support Tea© is rich in calcium and magnesium, known to be soothing and calming to the nerves. **Calcium Support Tea©** is most effective when used over several months.

Sleepy Tea is deeply relaxing, helping you let go of restlessness, anxiety and tension.

Nerves of Steel Tea© is known to be helpful for irritated nerves, or when there is damage to the myelin sheath, which covers and protects nerve fibers. It soothes the frayed feeling brought on by “burning the candle at both ends.”

Melissa-Valerian© is an herbal formula well-known in Europe. These nerve drops can be found in every pharmacy or apothecary, first aid kit, and in the purse of every good grandmother to be used in case of nervousness, anxiety, faintness, panic attacks and heart palpitations due to stress.

Tranquil© is an herbal formula shown to influence the nervous system as well as the immune system. When stressed, do you easily catch a cold, develop canker sores or fever blisters? **Tranquil©** may be helpful in strengthening your immune system as well as your nervous system.



## Anxiety and Panic Attacks

To reduce anxiety and to prevent panic attacks drink 3 to 4 cups of relaxing teas every day. If you are feeling very nervous get support from the following formulas:

Crisis Remedy© is for those who are experiencing a deep crisis, resulting in anxiety or panic attack. It takes the edge off! **Crisis Remedy©** does not make you feel drowsy, sleepy or indifferent. In the contrary, it keeps you alert and present so that you can face and overcome challenges in your life. **Crisis Remedy©** greatly supports the nervous system while going through a difficult time. Because there is a significant increase in body toxicity when we are under stress, specific herbs have been added to this formula known to neutralize toxins in the body.

Heart Felt© contains herbs known to calm the emotional heart, used for anxiety, worry, apprehension and insomnia. Many women have used this formula to effectively ease menopausal symptoms.

Vibrational Essences  
Vibrational Essences have been used worldwide as a “first-aid” for its calming effect on anxiety, headaches, panic attacks and everyday stress. Essences to fight stress: Tranquility© calms the emotions. People who are under high pressure and need a sense of tranquility, this essence can be taken regularly.

!  
!  
!

Tranquility of Mind & Body© is known to increase tryptophan levels in the brain, to bring calmness and even sleepiness at times.

Deep Fear Release© may help you let go of fear and paranoia. When people are under stress they are almost paranoid about what will happen next, or might happen, the “could have, should have, might have”. This essence allows you to believe in yourself and trust again.

## The Ultimate Relaxation Home Treatment

Slip into an aromatic warm bath; soothe and pamper your tired body, ease your anxious mind, calm your emotions,

Anxiety Bath Blend© may help you banish your stress. Add this blend to your bath and soak for about 20 minutes. If you need to, have a good cry, let go of built up tension. As my friend Rosemary Gladstar says: “Love like you’ve never been hurt before, Dance like you do when nobody’s watching, and Work like you don’t need the money”.

Peace In A Bottle©!!! is one of our **7 Anointing Oils**. Massage a small amount into the neck and shoulder area to totally unwind those tight muscles and to get the peace and calm you deserve.

Good Night Sleep Oil© is an amazing aromatherapy blend. Add to your heat diffuser or massage lotion to

help you drift off into a deep and restful sleep.

## Quarterly Feature

### Curry

Curries have been used by people for over four thousand years. Curry isn't a single spice. There is no such thing as a curry tree or curry bush. Curry is a blend of spices and originated in India as a stew-like dish of vegetables and/or meats flavored with a selection of herbs and spices chosen for their color, temperature (warm or cool attributes), and tastes. Curry preparations include: masalas, spice blends that usually lack turmeric. According to Ayurvedic medicine, a balanced curry blend can greatly enhance general health and well-being. Some ingredients have specific medicinal attributes as well. Our organic muchi curry blend includes turmeric, cumin, black pepper, ginger, coriander, fenugreek, dehydrated garlic, celery seeds, cloves, cayenne, white pepper and mace.

### Indian Potatoes

Preparation time: 10 minutes

Cooking time: 15 minutes

1 lb potatoes cut into pieces

1 head cauliflower, chopped into florets

1 tbsp olive oil

1 tsp curry powder

½ tsp whole cumin

¼ tsp black pepper

Boil potatoes for 5 minutes, add cauliflower and boil another 5 minutes. Drain. Add oil and spices to a wok. Cook 1-2 minutes, add potatoes and

cauliflower. Stir well. Cook 5 minutes.

## Herbs For Kids

Wish your kids were off soda and highly sugared drinks? Sugar makes children hyper and unhappy. To make things worse, many popular drinks contain synthetic red and orange dye. The dyes are known to trigger ADD and ADHD. Instead, make them a delicious tea. They may not like it at the beginning, but persist. Drink a warm cup or cool glass of tea along with them. Herb Stop kid's teas are delicious and adults enjoy them too. We now have a variety of children's teas specifically designed for the most discriminating palate.

## Herbs for Horses!



By Julie La Magna  
and Evita"

Does your horse have worms? When using synthetic deworming medicines you are attempting to poison and kill the worms, but you are also poisoning the entire system of your horse. I use herbs to deworm my horse. The herbs change her body chemistry, creating an unfriendly environment for worms and protozoa to live in. My horse is no longer a host for worms. She is much happier, has a wonderful shiny coat and there is less stress on her stomach. I have used human grade quality herbs only, such as black walnut, cascara sagrada,

chaparral, clove, garlic, juniper, kelp, slippery elm and sage. For more information give me a call at The Herb Stop in Pine.

# NEW

## ! Teas

At The Herb Stop you can now find a great selection of teas to please the most experienced tea drinker. Recent studies in leading medical journals declare tea a potential heart tonic, cancer blocker, fat buster, immune stimulant, arthritis soother, virus fighter and cholesterol detoxifier. Tea is beating all scientific expectations as the most potent health beverage ever. Choose from over 100 green teas, black teas, white teas, oolong, Pu-Erh, Rooibos and Honeybush teas. Some are naturally flavored and are irresistible. Tea is an excellent hydrator and a refreshing morning perk-up or end of day soother. Tea can assist coffee drinkers everywhere to get off the bean and switch to a "good habit".

## Love My Face

This is my favorite face oil and I have been using it for many years. It contains hazelnut, rosehip, sea buckthorn, evening primrose, vitamin E and borage oil and precious essential oils, such as rose otto, neroli, myrrh, carrot, etc.

## Spirulina

Perk-up with this highly concentrated sub-lingual, non-synthetic vitamin B-12, “mm-mm” raspberry flavored!